



Key Points – Time – Practice - Encouragement

Encouraging children to take care of everyday hygiene routines and to use the toilet independently helps them learn how to become more independent and self-sufficient.

Although hygiene and bathing skills are addressed primarily at home, instruction about the importance of health and hygiene can be emphasized in the classroom. Many play and learning situations can be developed to reinforce these skills.

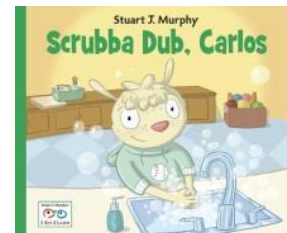
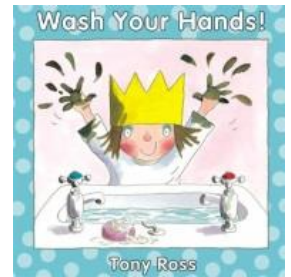
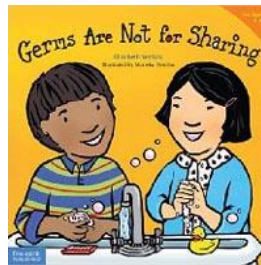
Class library

Germs are Not for Sharing – Elizabeth Sertick

Scrubba Dub, Carlos – Stuart Murphy

Wash Your Hands – Tony Ross

Super Ben's Dirty Hands – Shelley Marshall



Example below: Visual steps of handwashing



Incorporating Skills into Routines

- During play, let students practice washing dolls and washable toys. Put some soap on the items and let them wash, wipe off soap, and dry.
- Have students practice with water by filling up small containers and using the water to water a plant.
- Teach students the importance of brushing teeth and let them practice with actual toothpaste and brushes or by imitating your modeling of the skills in a pretend situation.

References and Resources

Didomenico, Kelli. How to Encourage Self Help Skills in Children, The Children's Workshop, Rhode Island College, Feb. 2015

DiProperzio, Linda. Teaching Your Child Independence. Meredith Corporation, 2010.

Gillard, Jackie. Help Yourself, 8 tips for teaching kids to be more independent, *Today's Parent*, Sept 2016.

Miami-Dade County Public Schools Prekindergarten Program for Children with Disabilities Extended School Year (ESY) Activities *Home Packet*

Resources online:

Teaching your child to become independent with daily routines, The Center on the Social and Emotional Foundations for Early Learning Vanderbilt University.

<http://csefel.vanderbilt.edu/modules/module3b/handout2.pdf>

[Resources: National Center for Pyramid Model Innovations](#)

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TATS is funded by the State of Florida, Department of Education, Bureau of Exceptional Education and Student Services (BEESS), through federal assistance under the Individuals with Disabilities Act (IDEA), Part B, Section 619.